



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 19090, Ice creams, french vanilla, soft-serve

Report Date: June 26, 2017 17:16 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup (4 fl oz) 86g
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Proximates

Water	g	59.80	11	0.361	51.43
Energy	kcal	222	--	--	191
Energy	kJ	930	--	--	800
Protein	g	4.10	1	--	3.53
Total lipid (fat)	g	13.00	11	0.508	11.18
Ash	g	0.90	1	--	0.77
Carbohydrate, by difference	g	22.20	--	--	19.09
Fiber, total dietary	g	0.7	--	--	0.6
Sugars, total	g	21.16	--	--	18.20

Minerals

Calcium, Ca	mg	131	1	--	113
Iron, Fe	mg	0.21	1	--	0.18
Magnesium, Mg	mg	12	1	--	10
Phosphorus, P	mg	116	1	--	100
Potassium, K	mg	177	1	--	152
Sodium, Na	mg	61	1	--	52
Zinc, Zn	mg	0.52	1	--	0.45
Copper, Cu	mg	0.030	1	--	0.026
Manganese, Mn	mg	0.005	1	--	0.004
Selenium, Se	µg	3.0	--	--	2.6

Vitamins

Vitamin C, total ascorbic acid	mg	0.8	1	--	0.7
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Thiamin	mg	0.049	1	--	0.042
Riboflavin	mg	0.182	1	--	0.157
Niacin	mg	0.095	1	--	0.082
Pantothenic acid	mg	0.506	1	--	0.435
Vitamin B-6	mg	0.048	1	--	0.041
Folate, total	µg	9	1	--	8
Folic acid	µg	0	--	--	0
Folate, food	µg	9	1	--	8
Folate, DFE	µg	9	--	--	8
Choline, total	mg	26.0	--	--	22.4
Vitamin B-12	µg	0.50	1	--	0.43
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	162	--	--	139
Retinol	µg	159	--	--	137
Carotene, beta	µg	30	--	--	26
Carotene, alpha	µg	5	--	--	4
Cryptoxanthin, beta	µg	5	--	--	4
Vitamin A, IU	IU	589	--	--	507
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	151	--	--	130
Vitamin E (alpha-tocopherol)	mg	0.61	--	--	0.52
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.7	--	--	0.6
Vitamin D3 (cholecalciferol)	µg	0.7	--	--	0.6
Vitamin D	IU	29	--	--	25
Vitamin K (phylloquinone)	µg	0.9	--	--	0.8
Lipids					
Fatty acids, total saturated	g	7.480	--	--	6.433
4:0	g	0.390	1	--	0.335
6:0	g	0.230	1	--	0.198
8:0	g	0.130	1	--	0.112
10:0	g	0.300	1	--	0.258
12:0	g	0.340	1	--	0.292

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup (4 fl oz) 86g
14:0	g	1.240	1	--	1.066
16:0	g	3.360	1	--	2.890
18:0	g	1.470	1	--	1.264
Fatty acids, total monounsaturated	g	3.490	--	--	3.001
16:1 undifferentiated	g	0.270	1	--	0.232
18:1 undifferentiated	g	3.220	1	--	2.769
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.450	--	--	0.387
18:2 undifferentiated	g	0.280	1	--	0.241
18:3 undifferentiated	g	0.180	1	--	0.155
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	91	1	--	78
Amino Acids					
Tryptophan	g	0.048	--	--	0.041
Threonine	g	0.169	--	--	0.145
Isoleucine	g	0.215	--	--	0.185
Leucine	g	0.353	--	--	0.304
Lysine	g	0.296	--	--	0.255
Methionine	g	0.091	--	--	0.078
Cystine	g	0.036	--	--	0.031
Phenylalanine	g	0.176	--	--	0.151
Tyrosine	g	0.170	--	--	0.146
Valine	g	0.241	--	--	0.207
Arginine	g	0.172	--	--	0.148
Histidine	g	0.099	--	--	0.085
Alanine	g	0.164	--	--	0.141
Aspartic acid	g	0.300	--	--	0.258
Glutamic acid	g	0.745	--	--	0.641

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup (4 fl oz) 86g
Glycine	g	0.163	--	--	0.140
Proline	g	0.374	--	--	0.322
Serine	g	0.216	--	--	0.186
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0